

# Color Questionnaire for Dreamwork

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The table was derived from: the *Color Test* by Dr. Max Luscher; color psychology research and literature (Birren; Brown; Ertel; Goldstein; Riley; Sutton & Whelan; Lichtenfeld) and augmented with the works of C. G. Jung. The statements are NOT the “meaning” of dream color and should not be used as a dictionary of color meaning. The statements are representative of some of the more common human subliminal emotional responses to color. They may or may not describe your situation exactly since they are based on responses from a general population – they are simply designed only to trigger your own personal “aha” or “connection” with feelings or a situation in your life that the dream might be dealing with. You may find that only one or two statements within a color cell relate to your specific situation, whereas the others do not. This is exactly how it was designed. The statements are variations around an emotional theme reported to be associated with that color. They provide a spectrum of emotions, from being filled with the emotion, to needing more of that emotional stimulus. Don’t depend entirely on the table if it does not trigger an association; try freely associating by imagining being totally illuminated by your dream color and asking, “how do I FEEL in the presence of that color.” Don’t think about what the color reminds you of, explore the inner feeling that first surface. The author’s research shows that dream color, just as in the waking state, relates to the deeper feelings (subliminal emotional and physiological responses) that color stimulates below the threshold of consciousness, and not what color reminds you of.

- 1) **Select the colored images from your dream** that you feel are important or that you feel emotionally drawn to. It is best to work with something that is not a commonly colored object (like green grass) unless it stands out, but rather a colored image where the color is optional (such as a red hat, a blue car). Look for a grouping of the 4 “primaries” (Red, Yel, Blue, Green), and work on whichever color appears most active if there is one. If there is an obvious grouping of 3 of the 4 “primaries,” work with the missing color as if it is something missing in your life needed to bring about resolution or harmony.
- 2) **Pick the color in the table** that best matches the color of the dream image. Don’t worry if there is not a perfect match. The tables are not intended to reveal the meaning of that color but rather to trigger your own associations from the general emotional themes.
  - **Single Color:** use the table to select the closest matching color. If the color is blend of two colors, read both and explore whether the combination of two emotions is relative.
  - **Color Pair:** If an image contains an obvious pair of colors, explore the possibility that the two colors might represent conflicting emotions about a situation you are in. Use the table on each color separately and contrast the associations and feelings they trigger.
- 3) **Read each expression** for that color (or better yet have someone else read them while you listen) **and ask yourself:** “Does this statement relate to a way I have felt recently or describe a situation in my waking life?”
- 4) **Relate to Waking Life:** Pick the one or two statement(s) that create the strongest “aha” connection or that reminds you of a recent situation or way you have felt lately. Describe the situation, and your feelings at the time.
- 5) **Reflect on the Dream:** How might the situation or feelings you recall above, relate to the dream or clarify/complete the other dreamwork you may have done? If you selected a pair of colors, do the 2 sets of statements relate to conflicting feelings surrounding your situation?

## Common Emotional Themes Associated with the Human Response to Color

**Note: statements are designed to trigger your own personal associations, they are not the “meaning” of color**

COLOR	ASSOCIATED EMOTIONAL THEMES
<b>RED</b>	1) I feel intense, vital or animated. 2) I feel transformed. 3) I feel assertive, forceful. 4) I feel creative. 5) I want to live life to its fullest. 6) I want to win, succeed, achieve. 7) I feel sexy or have strong sexual urges. 8) I have a driving desire. 9) I am feeling anxious; 10) I need something to make me feel alive again. 11) I need to be more assertive and forceful. 12) I need to get out and enjoy myself. <i>13) Note: If it appears as blood or inflammation - it could metaphorically or literally relate to sickness or injury.</i>
<b>ORANGE</b>	1) I want to expand my interests and develop new activities. 2) I want a wider sphere of influence. 3) I feel friendly and welcoming. 4) I want more contact with others. 5) I feel enthusiastic, outgoing and adventurous. 6) I am driven by desires and hopes toward the new, undiscovered and satisfying. 7) I feel driven but need to overcome my doubts or fear of failure. 8) I must avoid spreading myself too thin.
<b>YELLOW</b>	1) I feel a sense of joy and optimism. 2) I feel alert. 3) I am seeking a solution that will open up new and better possibilities and allow my hopes to be fulfilled. 4) I feel the new direction I am taking will bring happiness in my future. 5) I am hopeful. 6) I need to find a way out of this circumstance or relationship. 7) I need a change. 8) My actions may be compensating for something. 8) I may be acting compulsively.
<b>GREEN</b>	1) I feel a creative energy. 2) I feel a healing energy. 3) I feel more safe or secure. 4) I need to increase my sense of security. 5) I need healing or better health. 6) I feel like withdrawing into my own center. 7) I need to establish myself, my self-esteem, my independence. 8) I want recognition. 9) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or possessions. 10) Hard work and drive will gain me recognition and self-esteem. 11) My opinion must prevail. 12) I must hold on to this view in order to maintain my self-esteem. 13) I want what I am due. 14) I must maintain control. 15) Things must not change.
<b>BLUE</b>	1) I feel tranquil, peaceful and content. 2) I feel a sense of harmony. 3) I feel a meditative awareness or unity. 4) I feel a sense of belonging. 5) I need to feel I belong. 6) I need rest, peace or a chance to recuperate. 7) I need a relationship free from contention where I can trust and be trusted. 8) I need a peaceful state of harmony offering contentment and a sense of belonging.
<b>VIOLET</b>	1) I like to win others over with my charm. 2) I feel an identification an almost "mystic" union with someone or something, 3) I have a deep intuitive understanding of the situation. 4) I feel a sense of intimacy. 5) The feeling is erotic. 6) I seek a magical state where wishes are fulfilled. 7) I yearn for a "magical" relationship of romance and tenderness. 8) I seek to identify with something or someone. 9) I need intimacy. 10) I engage in fantasy at times when I am feeling insecure.
<b>BROWN</b>	1) I seek a secure state where I can be physically comfortable and relax or recover. 2) I am uneasy and insecure in the existing situation. 3) I need a more affectionate environment. 4) I need a situation imposing less stress. 5) I want to satisfy the physical senses (food, luxury, sex). <b>6) Natural wood brown (Jung):</b> a) I am concerned about matters of family, home, or my "roots". b) I am concerned with a son or daughter. c) I'm searching for my true self or natural state of being. <b>7) Note: Dirty Brown or greenish-brown might relate to a physical problem or illness.</b>
<b>GRAY</b> (free of color)	1) I want to shield myself from those feelings. 2) I feel emotionally distant, only an observer. 3) It is as if I am standing aside, watching myself mechanically go through the motions. 4) I want to remain uncommitted, non-involved, shielded or separated from the situation. 5) I do not want to make a decision that will require my emotional involvement. 6) I have put up with too much and now wish to avoid any further emotional stimulation. 7) I am trying to escape an anxious situation. 8) I am compensating for something.
<b>BLACK</b> (negation of color)	1) I am anxious and don't know why. 2) I am fearful of or intimidated by the situation. 3) I have been dealt an unacceptable blow. 4) Nothing is as it should be. 5) I refuse to allow it/them to influence my point of view. 6) I can't accept the situation and don't wish to be convinced otherwise. 7) I feel the need for extreme action, perhaps in revolt against or to compensate for the situation. <b>Jung: Black/Darkness often represents the unconscious realm. Moving into darkness = giving in or going within (initial phase of transformation); or perhaps suppression? Beautiful Shiny Black may be a positive view of the unconscious from which a new self emerges.</b>
<b>WHITE</b>	1) This is a new experience. 2) I'm aware of new feelings. 3) I'm experiencing a new beginning, a reawakening, a transformation. 4) I have a new outlook, a new awareness. 5) I feel pure and/or innocent. 6) I feel open and accepting. 7) I feel unprepared. 8) I feel alone, isolated. 9) It feels cold or sterile.
<b>PASTEL</b>	White transforms the emotion associated with the color it blends with. It can represent a newness, unfamiliarity with, innocence regarding, or renewal of that emotion; or a subdued coolness, calming and pacification of the emotion.
<b>PINK</b>	1) I feel romantic or loving toward someone or something; 2) I am feeling very sensitive about something; 3) I feel nurturing and /or gentle and soothing; 4) I am feeling compassionate; 5) I am avoiding aggression or want to calm my aggressive feelings; 6) I need romance; 7) I need nurturing; 8) I need something to calm me down; 9) dealing with this feeling of assertiveness is new to me; 10) the driving energy I feel is new to me.
<b>GROUPS</b> (Jung)	<b>Red/Yel/Blu/Grn</b> – Group of the 4 “primaries” can represent a state of completion or balance. An active or missing color may be associated with an emotional element missing from the dreamer's life that is needed for closure. <b>Black &amp; White</b> (patterns) - Forces of unification, an integration of <i>conscious</i> (white) and <i>unconscious</i> (black) from which a greater self emerges; a unity of opposites; an internal change may be taking place. <b>Gold &amp; Silver</b> - Integration of <i>masculine</i> & <i>feminine</i> attributes or <i>conscious</i> & <i>unconscious</i> forces respectively.